



Check It Out! • Think Healthy! • Choose from our wide choice of veggies on our Main Line!
Healthy Choice entrees are **highlighted** on this menu



Breakfast Bar Monday - Friday
Breakfast 0600 - 0800 **Lunch** 1030 - 1300 **Dinner** 1530 - 1800
Midnight Meal • 2300 - 2400
Carry-Out Window • 1800 - 1900

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1 Lunch
Sauerbraten
Tuna & Noodles
Chicken Breast Parmesan
Dinner
Fried Shrimp
Ginger Barbecue Chicken
Spinach Lasagna

8 Lunch
Oven Fried Fish
Cantonese Spare ribs
Grilled Mustard Chicken
Dinner
Stir-Fry Beef with Broccoli
Strip Loin Steak
Turkey Nuggets

15 Lunch
Sauerbraten
Tuna & Noodles
Chicken Breast Parmesan
Dinner
Fried Shrimp
Ginger Barbecue Chicken
Spinach Lasagna

22 Lunch
Oven Fried Fish
Cantonese Spare ribs
Grilled Mustard Chicken
Dinner
Stir-Fry Beef with Broccoli
Strip Loin Steak
Turkey Nuggets

29 Lunch
Oven Fried Fish
Cantonese Spare ribs
Grilled Mustard Chicken
Dinner
Stir-Fry Beef with Broccoli
Strip Loin Steak
Turkey Nuggets

2 Lunch
Baked Chicken
Swiss Steak with Tomato Gravy
Sweet Italian Sausage
Dinner
Baked Ham
Fish & Fries
Roast Turkey

9 Lunch
Roast Pork Loin
Pot Roast
Baked Stuffed Fish
Dinner
Beef Cannelloni
Chili Macaroni
Southern Fried Chicken

16 Lunch
Baked Chicken
Swiss Steak with Tomato Gravy
Sweet Italian Sausage
Dinner
Roast Turkey
Baked Ham
Fish & Fries

23 Lunch
Roast Pork Loin
Pot Roast
Baked Stuffed Fish
Dinner
Beef Cannelloni
Chili Macaroni
Southern Fried Chicken

30 MEMORIAL DAY
Barbecue Ribs • Fried Chicken
Baked Fish • Baked Beans
Corn on the Cob
Baked Potatoes
Southwestern Rice



3 Lunch
Beef Yakisoba
Pork Schnitzel Steak
Onion Lemon Fish
Dinner
Barbecue Beef Cubes
Chicken Fajitas
Paprika Beef

10 Lunch
Salmon Cakes
Veal Parmesan
Teriyaki Chicken
Dinner
Turkey A La King
Meat Loaf
Country Captain Chicken

17 Lunch
Beef Yakisoba
Pork Schnitzel Steak
Onion Lemon Fish
Dinner
Barbecue Beef Cubes
Chicken Fajitas
Paprika Beef

24 Lunch
Salmon Cakes
Veal Parmesan
Teriyaki Chicken
Dinner
Turkey A La King
Meat Loaf
Country Captain Chicken

31 Lunch
Beef Yakisoba
Pork Schnitzel Steak
Onion Lemon Fish
Dinner
Barbecue Beef Cubes
Chicken Fajitas
Paprika Beef



4 Lunch
Chicken Enchiladas
Country Style Steak
Beef Porcupines
Dinner
Spaghetti & Meat Sauce
Pita Pizza
Caribbean Jerk Chicken

11 Lunch
Turkey & Noodles
Barbecue Ham Steaks
Beef Balls Stroganoff
Dinner
Lemon Baked Chicken
Barbecue Ribs
Stuffed Pork Chops

18 Lunch
Chicken Enchiladas
Country Style Steak
Beef Porcupines
Dinner
Spaghetti & Meat Sauce
Pita Pizza
Caribbean Jerk Chicken

25 Lunch
Turkey & Noodles
Barbecue Ham Steaks
Beef Balls Stroganoff
Dinner
Lemon Baked Chicken
Barbecue Ribs
Stuffed Pork Chops

Airman Appreciation Night
STEAKS ON THE GRILL



5 Lunch
Liver & Onions
Orange Spiced Pork Chops
Tempura Fried Fish
Dinner
Pasta Primavera
Pepper Steak
Mr. Z Baked Chicken

12 Lunch
Herb Baked Chicken
Stuffed Cabbage Rolls
Southern Fried Catfish
Dinner
Deployed Spouses Night
Glazed Cornish Hen
Jaegerschnitzle with Mushrooms
Chicken Nuggets

19 Lunch
Liver & Onions
Orange Spiced Pork Chops
Tempura Fried Fish
Dinner
Retiree Night
Pasta Primavera
Pepper Steak
Mr. Z Baked Chicken
Roast Turkey & Dressing

26 Lunch
Herb Baked Chicken
Stuffed Cabbage Rolls
Southern Fried Catfish
Dinner
Glazed Cornish Hen
Jaegerschnitzle with Mushrooms
Roast Pork Loin



6 Lunch
Fried Catfish
Steamship Round
Roast Turkey
Dinner
Yankee Pot Roast
Pineapple Chicken
Corned Beef

13 Lunch
Fried Shrimp
Mexican Baked Chicken
Swiss Steak with Tomato Sauce
Dinner
Sweet Italian Sausage
Spaghetti with Meat Sauce
Lasagna
Baked Fish

20 Lunch
Fried Catfish
Steamship Round
Roast Turkey
Dinner
Yankee Pot Roast
Pineapple Chicken
Corned Beef

27 Lunch
Fried Shrimp
Mexican Baked Chicken
Swiss Steak with Tomato Sauce
Dinner
Sweet Italian Sausage
Spaghetti with Meat Sauce
Lasagna
Baked Fish



7 Lunch
Savory Baked Chicken
Swedish Meatballs
Creole Shrimp
Dinner
Baked Fish
Hungarian Goulash
Barbecue Chicken

14 Lunch
Ribeye Steak
Crisp Baked Chicken
Cajun Meat Loaf
Dinner
Pork Chops with Mushroom Gravy
Stir-Fry Chicken with Broccoli
Fish Almondine



28 Lunch
Ribeye Steak
Crisp Baked Chicken
Cajun Meat Loaf
Dinner
Pork Chops with Mushroom Gravy
Stir-Fry Chicken with Broccoli
Fish Almondine

Daily Snack Line Specials

- Cheese Pizza • Buffalo Wings
- Buffalo Wings • Chicken Nuggets
- Steak & Cheese Sub • Tacos
- Sloppy Joes • Cheese Pizza
Buffalo Wings
- Buffalo Wings • Roast Beef Sub
- Barbecue Pork Sandwich • Burritos
- Fried Chicken Nuggets
Hot Italian Sausage Sandwich
- Cheese Pizza • Buffalo Wings
- Grilled Polish Sausage
Steak & Cheese Sub
- Sloppy Joes • Roast Beef Sub
- Sloppy Joes • Monte Cristo Sandwich
- Buffalo Wings
Italian Pepper Beef Sandwich
- Barbecue Pork Sandwiches
Burritos
- Buffalo Wings • Hot Italian Sausage
- Cheese Pizza • Buffalo Wings
- Buffalo Wings • Chicken Nuggets
- Steak & Cheese Sub • Tacos
- Sloppy Joes • Cheese Pizza
Buffalo Wings
- Buffalo Wings • Roast Beef Sub
- Barbecue Pork Sandwich • Burritos
- Chicken Nuggets • Hot Italian Sausage
- Cheese Pizza • Buffalo Wings
- Grilled Polish Sausage
Steak & Cheese Sub
- Sloppy Joes • Roast Beef Sub
- Sloppy Joes • Monte Cristo Sandwich
- Buffalo Wings
Italian Pepper Beef Sandwich
- Barbecue Pork Sandwiches • Burritos
- Buffalo Wings • Hot Italian Sausage
- Cheese Pizza • Buffalo Wings
- Buffalo Wings • Chicken Nuggets
- Steak & Cheese Sub • Tacos

Register for classes or activities at the
Fitness Center, Bldg. 826, 926-2128

Sports Day • June 3!

The Health Fair • June 1 - 2
• Museum of Aviation



USAF
SERVICES
Combat Support & Community Service